

THE HUMMER

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NATIONAL BABY WEEK BEGINS MARCH 5TH. -BOOST FOR BETTER BABIES-

The great movement for better babies begins March 5th and lasts thru the following week. In every town and city in the United States meetings and discussions will be enthusiastically carried out and it is the desire of the boosters and originators of the movement that everybody help the best they can in the present and future education and development of the precious babies being born by the thousands all over America. The boosters also desire better training for motherhood, for therein lies the future stability of the great American republic. We gladly print the following articles prepared and sent to us by Mrs. John Hill and Mrs. Eva Randle:

"Baby week should be a community campaign in which every one should feel that he has a part. It was inaugurated by the Department of Labor at Washington to instruct many in the better care of her own baby and to bring mothers more closely together in working for the betterment of their common interest. It is a National movement and the Department urges ALL to think during the entire week of ways and means of improving conditions in our community towards baby health.

The following clippings are some "Helps" along this line:

How to Keep Baby Well.

Don't forget to give baby water frequently. If it wakes at night, don't feed it; give it a drink of water. Don't give the baby drugs without the doctor's advice. Don't handle baby too much. The more you handle it, the more nervous you make it. The baby should have a tub bath every day. Don't let the baby sleep with its Mother. This is bad for both mother and baby. Dress your baby only in loose fitting clothes so that it can move its arms and legs. It needs to kick for exercise. Don't keep the baby in the house. Keep it out doors as much as possible. Keep the windows open all night and all day. Don't let flies, loose safety pins or rubber pacifiers come near the baby. Screen your windows and doors as flies are carriers of disease. If the baby has diarrhoea, stop all food for 24 hours. Give only boiled water until you

see the doctor.

Rubber Pacifiers.

The baby rubber pacifier, so popular with mothers is both filthy and dangerous. In the first place, there is always danger of serious infection. In addition to this, the mouth arch is sometimes changed to such an extent that the child acquires an idiotic look which never disappears.

Care of Bottles.

After using bottles, wash with cold water, then clean with borax and hot water, using brush. (One teaspoonful of borax to one pint of water.) Keep clean bottles upside down upon clean shelf. Boil bottles before using again.

Care of Nipples.

After using, rinse with cold water, then turn inside out and scrub well with brush and hot water. Keep them in a cup of borax water between feedings. Before using always rinse them in boiling water. The Census Bureau estimated in 1911 that a hundred and twenty-four deaths of babies occurred for every 1,000 live births. The same conditions which cause the death of thirteen out of every 100 babies born thru out the world leave more or less permanent stamps on perhaps two or three times as many more babies who manage to crawl over the infant dead line, many of whom will be fathers and mothers of the next generations.

How To Prevent A High Infant Mortality Rate

1. Intelligent care by the mother.
2. Public-health or visiting nurses
3. Improvement of milk supply.
4. Betterment of community conditions.

Overcrowding, insanitary houses and streets, bad water and bad sewerage are potent factors in causing high infant mortality rate. The community is responsible for the protection of its babies from these dangers and remember YOU have a share in this work.

Nervousness And Use of the Pacifier

The most important cause of excessive nervousness in infants and young children is the delicate structure of the brain at this time, and its rapid growth. It great as much during the first year as during all the rest of the life. This requires quiet and peaceful surroundings. Infants who are naturally nervous should be left much alone, should see but few people, should be played with very little and should never be quieted with soothing syrups or the pacifier.

Babies under six months old should never be played with; and the less of it at any time the better for the infant.

Playing with young babies makes them nervous and irritable, sleep

badly, and suffer from indigestion and many other respects.

If they are played with at all it should be in the morning or after the midday nap, but never just before bedtime.

The necessity of system in the care and feeding of infants and young children cannot be over estimated. They should be bathed, fed, and put to sleep at regular hours each day.

On no account should the pacifier or the sucking of fingers be allowed. When persisted in it may produce a misshape mouth or fingers. It constantly stimulates the flow of saliva and certainly aggravates disturbances of digestion. It may lead to throat or other infections of the mouth. (From Holt's Care and Feeding of Children.

The Crying Baby.

In a goodly percentage of cases of crying babies the youngsters are healthy, fairly well nourished and may grow lustily. When the baby does not thrive and gain in weight, the untoward condition should be sought out and remedied. In the majority of cases of this class the trouble is due to wrong habits. These nearly always relate to improper feeding. The more common trouble is feeding too often, or "every time he cries." The stomach of the new-born babe is a small and delicate affair, and what goes into it, and when and how, are matters of vital importance. Nearly everything depends upon the way the babe is started out. Improper methods of feeding can engender habits which cannot be broken up for weeks or months. It would be well to instruct every mother as to the capacity of her infants stomach, which is as follows: At birth, one ounce; two weeks, two ounces; three months, four and one-half ounces; Six months, six ounces; one year, nine ounces.

"PERHAPS"

The following poem clipped from The Chicago Examiner tells volumes in just a few lines. In it is embodied truths that are disgraceful to Democratic Government and we believe a campaign incessant and unceasing should be waged for the better care of babies, for better training of father and mother and for a general uplift of family reproduction. Now, of course, the fight is on, but NOT of necessary backing by all the people. It means a campaign of education larger than anything along popular educative lines ever attempted and it means forever and forever sticking to it for results. Just why the government does not try to help mothers and children is beyond our reach. Looking at it from every viewpoint, it seems to be one of the FIRST attribute of good government, for upon the coming manhood and womanhood is builded the perpetuation of the grandest Democracy ever conceived by the mind of man. But selfishness, the thought that we MUST live now for ourselves and let posterity go to geewhills, and other lazy "ideals" go to make the machinery of government inactive, unresponsive and disgustingly "out of order." Still we believe that the brains of the people who want better babies to grow up will finally put forth great educational victories for the rearing of children. The time has long since come when children should be really and truly "reared" and not merely "RAISED" on filth, bad environment, superstition, crazy notions and general unknown ways of diet, clothing, example and education. So The Hummer happily joins in with this movement and we humbly offer the pages of the paper to further the Godly cause of BETTER BABIES. Now read the poem.

When cows fall ill, the government proceeds to take alarm.

And sends a Veterinarian to sanitize the farm.

The cow herself is put to bed and plied with drugs and pills
And Uncle Sam comes forward, when she's cured, to pay the bills.

But when a baby falls in need of medicine and care,
The government contend that that is none of its affair.

When pigs and lambs are threatened with a deadly pestilence,

Their tender lives are guided at the government's expense.

They're coddled, nursed and dieted, until they are well and fat.

And never reckon of the cost, for Uncle Sam pays that.

But when an epidemic marks the babies for its own,

The government, untroubled, lets them fight it out alone.

Some day, perhaps, when all the pork has lavishly been passed,

When every scrap of patronage is handed out at last,
when all our noble Congressmen have got all they desire,

And have attained whatever heights to which they may aspire—

Then to unknown heights of COMMON SENSE the government will leap,

AND DO AS MUCH FOR MOTHERS AS THEY DO FOR COWS AND SHEEP!"

Parent-Teacher Association

The special meeting of the Parent-Teacher Association, on the 25th ult was marked by the evident spirit of cooperation and truly heart-to-heart talks which characterized it. Several ideas were brought forward that should interest every parent in town and the adjoining country district. We would like to give you a pen review of same but all present were enjoined to not generally discuss this meeting. The next regular meeting, March 10th, holds the promise of important discussions to be made and a full attendance should bespeak the unanimous interest and cooperation of the entire city and countryside.

The writer openly confesses that if she had no real interest in the welfare of her own children and the boys and girls of our school she would still be interested to that extent that would go to hear the fulfillment of the assertion: "I can tell them of some things that"—But why anticipate future interest: In my report of our last regular meeting I made the mistake of writing down Miss Mary Thornton as hostess when I should have said said Miss Mary Scott. I regret this slip of pen or memory and here and now I ask Miss Scott to excuse me with that same sweet graciousness that charmed her guests on that, to us, memorable evening.

Van Rich Dendy,
P.T. A. Reporter

BUNCH SWEET POTATO SEED FOR SALE.

I have several bushels of fine bunch sweet potato seed for sale at market price. Call, write or phone me at Houlika, Miss.

John L. Ingram.

Mr Earl Crum who has been working in New Albany the past year came home this week and he will work here. Earl's many friends are glad to welcome him home "for good."

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